

How to have a vaginal orgasm

How to have a vaginal orgasm : You rarely hear women say they can only achieve ecstasy from penetration, the myths wrap around enough to make those who are more clairvoyant are wondering if it's worth the action.

Vaginal orgasm

In fact, some experts say 70 percent of women rarely have or do not get shocks. However, men put some money for some obvious reasons:

They want to feel that their penis that makes you speak in tongues and aim to rock you in a volcano.

So how, even if it's possible for humans, How to have a vaginal orgasm? author of "It Comes First: A Guide to Man's Thinking for Woman's Waxing," says that if you interpret vaginal orgasm as an orgasm only from penetration, it is very rare.

" vaginal orgasm " do not occur without some type of clitoral stimulation, which can be enhanced by a G-spot, which provides a different sensation, and orgasm during clitoral penetration may give you vaginal orgasm."

So, How to have a vaginal orgasm ? In 2011, a Yale Urologist speculated that G spot was actually just an extension of the clitoris. "I do not want to say it's a myth, because some women have it, but it's rare to take a dildo or rock and have an orgasm simply by paying,".

Dr. Susan Kay, a PhD, explains that there are no nerve endings in the vagina itself (think about it: birth is painful enough), but the feeling that vaginal orgasm comes from the back of the clitoris is stimulated by nerve endings. Just like how an iceberg looks like, 90 percent underwater, so is your clitoris.

The clitoris you can motivate and see is only part of it. There are many nerve endings that carry sensation throughout the vagina that you can not see from the vulva.

Kay also says that vaginal orgasms tend to be predominantly muscle contraction, whereas clitoral orgasms are the result of 8000 nerve endings that are sent through the clitoris and clitoral legs.

In order to better discover your prospects of vaginal orgasm, Kay suggests using a dildo, vibrator, or your own fingers. "Knowing your body, you can only educate a partner about what suits you." "Be the best friend of your body." Know yourself, "then tell your partner by taking a tour." After all, he will probably appreciate a helping hand anyway.

Dr. Emily Morse, a expert with a PhD from the Institute for Advanced Studies in Humanity, says Kiggles will help you dramatically strengthen your muscles and give you essentially the vaginal equivalent of six packs - when the muscles there are more specific, it is easy to locate the G-spot. It also suggests a toy with a slight curve.

Morse suggests doing so in a comical way to get a better angle to motivate you internally. "The penis will press the G-spot if it starts on the four sides and splits its back down (pushing

its belly button to the ground) while keeping its head." "If she kept her arms straight and closed her elbow, and the" Cow "moved the cow's cow in yoga, she was right, and in this way he could easily lift her hips up as he pushed in a downward motion."

If that does not do it for you, you also have the option of reaching the top, where you can control the pace, depth and angle more easily. "It may mean a forward or backward tilt while adjusting the speed and pressure, but when you're at the top, you can try to get it right," Morse warns.

As we know, adequate stimulation is even How to have a vaginal orgasm. "Most women find that the upper left quadrant of the clitoris is the most receptive to stimulation," says Megan Andelux, executive director of the Center for Pleasure and Health. It also lists the most difficult ecstasy positions for women: 69-g, standing, and face on both sides of her partner.

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Work hard to shift, ecstasy, change life - all those things in the vagina.

I get people coming to me in every arm about how dare I suggest that women can have vaginal orgasms and they are much higher than clitoral orgasms.

Oh, I dare

You too - if you have, know exactly what you're missing when you inhabit the trivial land of the clitoris.

Place the child in the corner, and focus instead on the strong vagina.

Which will lead you to the majesty.

In the science of ancient Taoist reflections and mapping of the vagina and vulva, the clitoris is an appetizer. Caressing can be great and acts as a warm-up

This is not the main event.

Stop placing snapshots that do not belong:

Toxic people, objects and chemicals.

When the vagina is wet, it tells you something:

"damn me.

Put beautiful things - and people - inside of me. "

When the vagina dries, it also tells you something:

"Do not let me down.

distance.